

# June Activities - Urbana Senior Center

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 9020 Amelung St., Frederick, MD 21704    (Lower Level of the Urbana Regional Library)

<i><b>Mondays</b></i> <i><b>9:00-3:00</b></i>	<i><b>Tuesdays</b></i> <i><b>9:00-8:00</b></i>	<i><b>Wednesdays</b></i> <i><b>9:00-3:00</b></i>	<i><b>Thursdays</b></i> <i><b>9:00-3:00</b></i>
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.</p> <p>Programs may be canceled if enrollment is low.</p> <p><b>Activities are subject to change.</b></p>		<p><b>Lunch is served every day at Noon.</b></p> <p>Reservations must be made at least 48 hours in advance.</p>	
<b>2</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:00 *Tai Chi</b>	<b>3</b> 10:00 *English Conversation <b>10:30 Dance Exercise</b> 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner 6:30 Cards/Games	<b>4</b> <b>9:30 Strength Training</b> 11:00 Exercise to Video 1:00 Wii Bowling <b>1:30 *iPad Q&amp;A</b>	<b>5</b> <b>iPod Music Day</b> 10:00 *ESL Class 11:00 Exercise to Video 1:00 Rummikub
<b>9</b> <b>Nutrition Minute Day</b> "Color your plate with salad"  <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:00 *Tai Chi</b>	<b>10</b> <b>Nutrition Minute Day</b> "Color your plate with salad"  10:00 *English Conversation <b>10:30 Dance Exercise</b> 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Chinese Mah Jong 1:00 Blood Pressure 5:30 *Dinner 6:30 Cards/Games	<b>11</b> <b>Nutrition Minute Day</b> "Color your plate with salad"  <b>9:30 Strength Training</b> 11:00 Exercise to Video 1:00 Wii Bowling <b>1:30 *iPad Q&amp;A</b>	<b>12</b> 10:00 *ESL Class 11:00 Exercise to Video <b>11:00 Mobile I&amp;A</b> 11:30 Blood Pressure <b>Noon *Breakfast for Lunch</b> <b>12:30 Ask Nurse Steve</b> "Am I losing my mind or is it something else?"
<b>16</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:00 *Tai Chi</b>	<b>17</b> 10:00 *English Conversation <b>10:30 Dance Exercise</b> 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong <b>5:30 *Dinner</b> <b>6:30 The Inside Scoop</b> "Hiring Home Health Care"	<b>18</b>  <b>Picnic at the park!</b>  <b>10:30 a.m – 1:30 p.m.</b> <b>Urbana District Park</b> <b>Sign-up today!</b>	<b>19</b> <b>Make and Take Craft Day</b> <b>iPod Music Day</b> 10:00 *ESL Class 11:00 Exercise to Video 1:00 Rummikub
<b>23</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:00 *Tai Chi</b>	<b>24</b> 10:00 *English Conversation 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong <b>5:30 Bunco Bunco Bunco</b>	<b>25</b> <b>9:30 Strength Training</b> 11:00 Exercise to Video 1:00 Wii Bowling <b>1:30 *iPad Q&amp;A</b>	<b>26</b> <b>iPod Music Day</b> 10:00 *ESL Class 11:00 Exercise to Video 1:00 Rummikub
<b>30</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:00 *Tai Chi</b>	<b>Department of Aging Activities</b> June 20 Memory Café June 25 Caregiver Support Group July 4 Department of Aging Closed July 9 Brunswick Senior Center Picnic		<b>Upcoming Day Trips</b> June 13 Whitewater Rafting Trip June 27 Luray Caverns Trip July 11 Pride of the Susquehanna July 25 PA State Capitol & State Museum